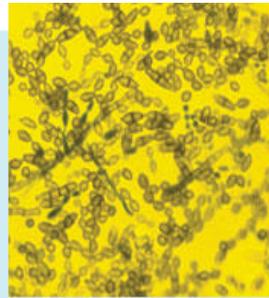


MOLD

Fact Sheet



What is Mold? Molds are microscopic organisms that live on plant or animal matter. They aid in the break down of dead material and recycle nutrients in the environment. Present virtually everywhere, they can be found growing on organic material such as soil, foods, and plant matter as well as wood, tile paper or carpet. In order to reproduce, molds produce spores, which spread through air, water, or by insects. These spores act like seeds and can form new mold growth if the conditions are right.



Magnified mold spores.

Molds can gradually destroy the things they grow on. You can prevent damage to your home and furnishings, save money, and avoid potential health problems by controlling moisture and eliminating mold growth.

Ten things YOU should know about Mold

- 1.) Potential health effects and symptoms associated with mold exposures include allergic reactions, asthma, and other respiratory complaints.
- 2.) There is no practical way to eliminate all molds and mold spores in the indoor environment; the way to control indoor mold growth is to control moisture.
- 3.) If mold is a problem in your barracks, you must eliminate sources of moisture AND clean up the mold.
- 4.) Fix the source of the water problem or leak to prevent mold growth.
- 5.) Reduce indoor humidity to 30-60% to decrease mold growth by: venting bathrooms and dryers to the outside; using air conditioners and de-humidifiers; and increasing ventilation.
- 6.) Clean and dry any damp furnishings within 24-48 hours to prevent mold.
- 7.) Clean mold off hard surfaces with water and detergent, and dry completely. Absorbent materials such as ceiling tiles, that are moldy, may need to be replaced.
- 8.) Prevent condensation: Reduce the potential for condensation on cold surfaces (i.e., windows, piping, exterior walls, roof, or floors) by adding insulation.

9.) In areas where there is a perpetual moisture problem, do not install carpeting (i.e., by drinking fountains, by classroom sinks, or on concrete floors with leaks or frequent condensation).

10.) Molds can be found almost anywhere; they can grow on virtually any substance, providing moisture is present.

Do's and Don'ts

Do Call-in or fix leaky plumbing and leaks in the building as soon as possible.

Don't Leave outside doors and windows open while air conditioning your barracks. The warm moist air from outside will condense on cool interior walls and promote mold growth.

Do Watch for condensation and wet spots. Call-in or fix source(s) of moisture problem(s) as soon as possible.

Don't Block AC vents to regulate room temperature. This will throw the AC unit out of balance and create a moisture problem which helps mold to grow.

Do Keep heating, ventilation, and air conditioning (HVAC) drip pans clean, flowing properly, and unobstructed.

Don't mix Clorox and ammonia when cleaning mold. This will generate toxic gases and cause serious harm to you and others. Use detergents to clean mold.

Do submit work request to DPW to vent moisture-generating appliances, such as dryers, to the outside.

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Why is mold growing in my barracks? Molds are part of the natural environment. Outdoors, molds play a part in nature by breaking down dead organic matter such as fallen leaves and dead trees, but indoors, mold growth should be avoided. Molds reproduce by means of tiny spores; the spores are invisible to the naked eye and float through outdoor and indoor air. Mold may begin growing indoors when mold spores land on surfaces that are wet. There are many types of mold, and none of them will grow without water or moisture.

Can mold cause health problems? Molds are usually not a problem indoors, but do have the potential to cause health problems. Molds produce allergens (substances that can cause allergic reactions), irritants, and in some cases, potentially toxic substances (mycotoxins). This brochure provides a brief overview; it does not describe all potential health effects related to mold exposure. For more detailed information consult a health professional. You may also wish to consult your state or local health department.

How do I get rid of mold? It is impossible to get rid of all mold and mold spores indoors; some mold spores will be found floating through the air and in house dust. The mold spores will not grow if moisture is not present. Indoor mold growth can and should be prevented or controlled by controlling

moisture indoors. If there is mold growth in your barracks, you must clean up the mold **and** fix the water problem. If you clean up the mold, but don't fix the water problem, then, most likely, the mold problem will come back.



Who should do the Cleanup? Who should do the cleanup depends on a number of factors. One consideration is the size of the mold problem.

If the moldy area is less than about 10 square feet (less than roughly a 3 ft. by 3 ft. patch), in most cases, **YOU** can handle the job yourself.

- 1.) **Report all plumbing leaks and other water problems as soon as possible. Dry all items completely.**

- 2.) **Scrub mold off hard surfaces with detergent and water, and dry completely. Use Gloves and goggles while cleaning**
- 3.) **Absorbent or porous materials, such as ceiling tiles and carpet, may have to be thrown away if they become moldy. Mold can grow on or fill in the empty spaces and crevices of porous materials, so the mold may be difficult to remove completely.**
- 4.) **Avoid exposing yourself or others to mold.**
- 5.) **Do not paint or caulk moldy surfaces. Clean up the mold and dry the surfaces before painting. Paint applied over moldy surfaces is likely to peel.**

If the moldy area is greater than 10 square feet, contact your building POC:

Name: _____

Phone: _____

Your building POC should then work with the DPW Work Order Desk at 808-656-1275 or visit their website at <http://dpwhawaii:1000/ifsworkorder/> or you can write or call them at:

Directorate of Public Works
IMPA-HI-PW, stop # 253
US Army Garrison - Hawaii
Schofield Barracks, Hawaii 96857
[\(808\) 656-1275](tel:8086561275)

Additional Questions?

Facilities

For questions regarding your facility please contact DPW Facility Managers, at <http://www.25idl.army.mil/dpw/>.

Environmental

For environmental mold related questions, please call Mr. Jeff LeFebvre at the Directorate of Public Works at 808-656-2878 x1059, lefebvrejs@hawaii.army.mil

Your Health

For health related questions, please contact Mr. Howard Miyamoto at Tripler Army Medical Center at 808-433-9954 howard.miyamoto@amedd.army.mil

Additional Links:

US Environmental Protection Agency (EPA)
<http://www.epa.gov/iaq/molds/index.html>

EPA - Asthma Triggers
<http://www.epa.gov/iaq/asthma/molds.html>

NSC – National Safety Council – Air Quality
<http://www.nsc.org/ehc/indoor/floods.htm>

Healthy Indoor Air
http://www.montana.edu/wwwcxair/facts_mold.html

U.S. Department of Housing and Urban Development
<http://www.hud.gov/offices/lead/helpyourself/index.cfm>